

virtually healthy

The newsletter for schools and OSHC services from the Centre for Health Promotion:
Children, Youth and Women's Health Service

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'Healthy eating is fundamental to good health throughout life for all people. It underpins healthy growth and development, contributes to health and wellbeing, positive mental health and quality of life.'

DECS healthy eating guidelines, 2004



In this issue:

Editorial:

Rita Alvaro and Leanne Kennett

Articles about healthy eating:

- ☐ 'Initiate', 'Activate' & 'Celebrate' your healthy eating activities
- ☐ Quick menu checklist
- ☐ CREATE your healthy canteen menu
- ☐ Healthier food items

CREATING healthy eating stories

- ☐ Forbes Primary School
- ☐ Burton School Campus
- ☐ Kirton Point Primary School

Please distribute to your:

- ☐ Leadership team
- ☐ Teachers
- ☐ Canteen staff
- ☐ OSHC staff
- ☐ School Governing Council
- ☐ Families
- ☐ Local health and community agencies



Government of South Australia
Children, Youth and Women's
Health Service

SA schools 'CREATE healthy eating'

Rita Alvaro and Leanne Kennett, Nutritionists, Centre for Health Promotion

Pick up the paper, watch the news or current affair shows and you will be alerted to the 'alarming rise in childhood obesity' and the 'urgent call to ban junk food in school canteens'.

Talk to many SA schools and they will let you know that work is already being done around healthy eating. Schools are concerned that many of their students are above a healthy weight. They are also aware that some students and families do not have an adequate or easy supply of affordable healthy food, like fresh fruit and vegetables. And schools have many other priorities such as numeracy and literacy, student attendance, retention rates and mental wellbeing.

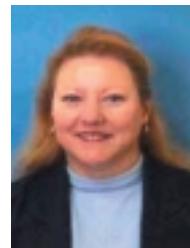
Schools may also describe the inseparable links between health and learning, such as how missing out on breakfast can affect students' concentration and behaviour, and how poor school attendance can affect learning outcomes and ultimately health outcomes.

In 2005, a commitment towards implementing the DECS 'eat well sa schools and preschools Healthy eating guidelines' was demonstrated by 68 schools that participated in the Centre for Health Promotion's (CHP) 'CREATE healthy eating in schools' program. The aim of this program was to increase healthy food choices in schools and Out of School Hours Care (OSHC) services. This program took a whole school approach to healthy eating and aimed to support schools to increase healthy food choices across the school, including within the canteen, OSHC service, classroom activities, fundraising and other school events and activities. Schools were provided with access to three workshops over the year:

- Initiate **CREATE** - which covered



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some first steps towards planning healthy eating activities,

- Activate **CREATE** - which outlined how to put healthy eating plans into action, and
- Celebrate **CREATE** - which included steps on how to reflect on changes and celebrate achievements.

They also received resources, parent fact sheets and support from CHP nutritionists.

During the program, **CREATE** schools made many efforts to implement healthy eating activities. Some increased healthy food choices in their canteens, others started fruit and vegetable breaks in the classroom, and others developed strategies for raising parents' awareness of healthy eating. Some described how they used a whole school approach and involved staff, students, families and health and community agencies in planning and implementing healthy eating activities. This was achieved across the curriculum, the canteen, and within school events and activities. Most say it's not an easy task - it takes time, but it is possible to make changes.

This Virtually Healthy suggests how to 'initiate', 'activate' and 'celebrate' healthy eating activities in schools and OSHC services. It shares information about their activities, successes, challenges and learnings in promoting healthy eating.

INITIATE your healthy eating activities

So you want to work on healthy eating activities in your school or OSHC service? Remember, any successful activity takes time - time to plan, to 'activate' those plans, and to observe and reflect on what has occurred. When you have done all this the process will start over again. (See diagram).

Suggestions on how to 'initiate', 'activate', review and 'celebrate' your healthy eating activities are included in the following pages.



INITIATE

To successfully 'initiate' your healthy eating activities, take the time to ensure your school community has a 'shared vision' about the importance of healthy eating, and what they would like to do to show it. So, how can you do this?...

Get together!

- Involve a range of people from your school community in planning (and later 'activating' and reviewing) your healthy eating activities. Encourage involvement from the outset!
- You could form a healthy eating committee (if you don't have one already) to help guide activities. Include a range of people, eg teacher, principal, canteen worker, OSHC worker, student representative, Governing Council member, parent, health professional.

Hot tip:

Get support with whatever you are doing from your principal or director. Experience has shown that this is essential to the success of your programs or activities.

STEPS TOWARDS HEALTHY EATING

INITIATE

1. CREATE A SHARED VISION

- Raise awareness about healthy eating.
- Encourage involvement from whole of school community.
- Map what you are currently doing.

2. DEVELOP AN ACTION PLAN

- Identify the issues.
- Prioritise the issues.
- Identify objectives and strategies.
- Identify who will be involved.

4. PLAN FOR THE FUTURE

- Obtain feedback (eg, surveys, records).
- Reflect on process and change.
- Revise.
- Build on what has been achieved.

3. PUT PLANS INTO ACTION

- Work together.
- Allow time for problem solving.
- Monitor and observe.

REVIEW AND CELEBRATE

ACTIVATE

(Adapted from the Health Promoting Schools model 'Health Promoting Schools: Supportive Environments for learning and health'. Department of Human Services, Department of Education Training and Employment, 2000.)

'Food for Health' committee at Forbes PS

*Ana Skouroumounis, Karen Fox (teachers),
Lindsay Bowey (Principal) and Kirsty Semmens (parent)*

A 'Food for Health' committee of Year 6/7 students at Forbes PS was established in response to the concerns of parents, students and teachers about the types of food being consumed at recess and lunch. The committee meets once a week to discuss ways of promoting healthy eating across the school. They are supported by the principal, teachers and other students.

The committee aims to provide and promote healthier foods at recess as well as working towards improving the local deli 'Lunch Menu' for school lunches. Discussions with the deli owner and proposed changes to the menu will see additional healthy choices offered. The local bakery is now providing healthy muffins and scones.

Our school promotes the DECS 'eat well sa schools and preschools Healthy eating guidelines' and uses information from the 'CREATE healthy eating in schools' workshops which staff attended in 2005.

Rita Alvaro from the CHP was guest speaker for the Parent Network. Rita addressed healthy eating guidelines and how to choose healthier foods.

We have found that the committee has given the Year 6/7 students a voice where their ideas can be discussed and an opportunity to be involved in decisions which affect them.

We will continue with the student 'Food for Health' committee and keep trying out new healthy ideas.



Diamanda and Amanda delivering scones to classes

Raise awareness about healthy eating

Work on raising your whole school's awareness of healthy eating. This will help you gain support for changes.

- ♦ First, get familiar with healthy eating guidelines yourself!

Healthy eating guidelines you should know about:

1. Dietary Guidelines for Children and Adolescents in Australia
2. Australian Guide to Healthy Eating
3. DECS 'eat well sa schools and preschools Healthy eating guidelines'. (See p12).

- ♦ Share this information with the whole school community. You could:
 - integrate units of work on food and nutrition into the curriculum at all year levels
 - keep parents engaged through information or cooking sessions or school newsletters.
- ♦ Strengthen your commitment to healthy eating through discussions at staff and school council meetings, student representative councils and assemblies.

Hot tip:

Print the 'CREATE healthy eating in schools' parent facts sheets for families. (See p12). Insert them in the school newsletter.

Find out what people think

Finding out what people in your school community think can help generate ideas about what they see as important, and engage them in activities.

Talk with students, staff and parents about their ideas and views on:

- ♦ healthy eating activities they'd like to see happening in the school
- ♦ how they'd like to be involved in activities

- ♦ healthy foods they'd like to see on the canteen or OSHC menu, or in fundraising or other activities.

You can find out their views through meetings, forums and classroom discussions. Or why not try a survey!

You can find sample canteen surveys at:
www.wch.sa.gov.au/chp.html
 (click on 'Enjoy healthy eating')

Map what you are currently doing

'Mapping' is about documenting all the activities you are currently doing to promote healthy eating. Get people together and discuss:

- ♦ What is your school currently doing to promote healthy eating? Think about what is happening in the classroom, the canteen, and other school activities, and the involvement of families and community agencies.
- ♦ What are you doing well?
- ♦ What are you not doing?
- ♦ What would you like to do in the future?

The mini mapping checklist on the right will help you.

Develop an action plan

Documenting your plans will help guide your steps. In order to do this, you need to:

- ♦ identify the issues
What does the school community think the issues are? You may have gathered this information through surveys, meetings, and 'mapping'
- ♦ prioritise the issues
- ♦ identify what you are going to do.

Think about:

- ♦ What is your long-term outcome? (your 'aim' or 'goal')
Example: 'To increase healthy food choices in the canteen, in fundraising activities, and classroom activities'.
- ♦ What do you want to achieve? (your objectives)
- ♦ How are you going to do it? (Your strategies)
- ♦ Who will be involved?
- ♦ When will you do it by?
- ♦ How will you measure success?

Mini mapping checklist

Curriculum

- ☑ Do you have dedicated curriculum time for learning about food and nutrition at all year levels, including opportunities to develop practical food skills?
- ☑ Do teaching staff keep up-to-date with information that will assist with teaching about food and nutrition?

Policies

- ☑ Are staff familiar with healthy eating guidelines?
- ☑ Does your school/OSHC service have a healthy eating policy, which includes food provided across the school (ie, the canteen, food purchased outside the school, vending machines, camps, excursions, celebrations)?

Food supply

- ☑ Does food provided to students and staff across the school align with healthy eating guidelines?
- ☑ Do food service staff keep up-to-date with healthy eating, including menu planning, food safety and modified diets?

Learning environment

- ☑ Do students and staff model healthy eating?
- ☑ Does your school actively promote daily fruit and vegetable consumption (eg, morning fruit and vegetable program, curriculum information)?
- ☑ Does your school support frequent drinking of fresh, clean tap water?
- ☑ Does your school avoid using food as a reward and avoid withholding food as a disciplinary measure?

School, home and community links

- ☑ Does your school inform and involve parents/caregivers in healthy eating activities?
- ☑ Does your school involve health and community agencies in healthy eating activities?

(Adapted from the SMART Nutrition tool, Centre for Health Promotion, 2005).

For more on how to review and implement your healthy eating activities see the DECS 'eat well sa schools and preschools Healthy eating guidelines' implementation tool (See p12).

Assess your menu

If one of your school's priorities is to increase healthy food choices in your canteen or OSHC service, it will pay to assess your current menu before you start working on it. Then as you make improvements you can monitor your progress over time. This checklist will help you assess and plan healthier menus.

Quick Menu Checklist

Key questions to ask about your menu:

Is it healthy?

☒ Is your menu filled with healthy or 'Recommended' foods?

It is important to base school menus on healthy eating guidelines, including the 'Dietary Guidelines for Children and Adolescents' and 'Australian Guide to Healthy Eating' (see p3 and 12). Healthy 'Recommended' foods and drinks include:

- Breads/sandwiches/rolls: include lean meats, fish and plenty of salad.
- Pasta, rice and noodle dishes.
- Vegetable stir-fries and soups.
- Fruit.
- Reduced fat milk, yoghurt and cheese.
- Eggs (eg hard-boiled)
- Baked beans (eg toasties)
- Water.

(For more healthy food ideas see pages 6, 7, 11).

☒ Do you limit 'Not recommended' or 'Extra' foods to no more than twice per term?

- 'Not recommended'/'Extra' foods include:
- Deep fried foods, eg hot chips, doughnuts
 - High fat pastries eg pies, pasties, sausage rolls.
 - Other high fat foods eg sausages, pasta with creamy sauces, regular pizza, crumbed and coated foods.
 - High fat snack items eg crisps.
 - Biscuits and cakes.
 - Lollies, chocolate, regular ice cream.
 - Soft drinks, sports drinks, 'energy' drinks, cordials, fruit juice drinks (containing added sugar or artificial sweeteners).

The DECS 'eat well sa schools and preschools Healthy eating guidelines' lists 'Recommended' and 'Not Recommended' foods. (See p12).

Hot tip:

Work out how many 'Recommended' and 'Not recommended' foods you have. Gradually increase 'Recommended' and cut out 'Not recommended' foods. In the long term, aim for 100% of your menu to be 'Recommended' choices! Remember to include a variety of choices from all the food groups.

Are healthy food choices well-promoted?

☒ Are healthy choices easily visible?

- Position healthy foods at the front of the counter.
- Make colourful sandwich fillings visible.
- Put healthy items in large print on the menu.

☒ Are healthy food choices presented in an attractive way?

- Try 'meal combos', salad and snack packs.
- Keep salads crisp and soups hot.
- Use clever marketing techniques. Offer 'meal deals', advertise new products through the newsletter, and get students to invent 'catchy' names for healthy choices.



Does it reflect the cultural, spiritual or health needs of your students?

☒ Does the menu reflect the cultural and spiritual needs of students?

- Include foods from the cultures represented in your school community. Ask for family favourite recipes. All students will enjoy tasting food from different cultures!

Nutrition in Out of School Hours (NOSH) fact sheets provide food ideas from different cultures (see p12).

☒ Does the menu reflect the needs of students with special dietary needs?

- Make a note of students who require special food preparation, alternative foods or are on modified diets and provide alternatives for those students.

See 'Health support planning in schools, preschools and childcare services' at www.chess.sa.edu.au >information

- Keep up-to-date with diets needed for specific health conditions.

The Dietitians Association of Australia website includes information about diabetes, coeliac disease, allergies, food intolerances and lactose intolerance. See www.daa.asn.au (Nutrition A-Z).

(Adapted from 'Healthier menus made easy', Centre for Health Promotion, 2005).

For further information on canteen menu planning, see the Centre for Health Promotion website: www.wch.sa.gov.au/chp.html (Click on 'Enjoy Healthy Eating'.)

Canteen makeover at Burton School Campus

Bronwyn Honey and Jan Adams, teachers

During 2005 Burton school community focused on creating a canteen with even more healthy foods.

Student Canteen Committee members attended a half-day **CREATE** workshop along with parent volunteers and selected staff. Together the team came up with exciting make over initiatives to improve the look of the canteen and had input into healthier and more creative menu options. By creating large colourful collages and providing glossy coloured photographs and posters, the canteen underwent a complete facelift during the October school holidays.

In order to capture the students' attention, catchy names were given to the various healthy menu packs along with attractive presentations of the food. The 'CCC' pack included chicken, corn cob and juice. The 'Sun and Surf' packs contained grilled fish and oven baked wedges.



These were just two of a range of six new exciting packs. With relevant marketing, Term 4 started off exceptionally well. Word of mouth saw the 'Sun and Surf' pack orders go from five on Monday to forty on Friday! While we were delighted with the take up of the new, healthy food packs, we soon realised that demand far outweighed the resources we had at the time! The homemade fare required more 'hands on deck' to prepare, heat and present the packages. What became apparent

When putting your plans into action, keep these points in mind:

Work together

- ◆ Delegate tasks to members of the healthy eating committee or others according to skills and time.
- ◆ Keep each other up-to-date.

Allow time for problem-solving

- ◆ Set aside time for discussion about how things are going at meetings. Problem-solve together.
- ◆ Seek feedback from people outside the committee. They may have some fresh ideas!

Hot tip: BE FLEXIBLE

Even with the best-laid plans, you may need to make changes along the way...

Monitor and observe

- ◆ Monitoring and observing how you are going along the way will help you track your progress and plan for the future
- ◆ Make a record of all your activities.
- ◆ Check these against your action plans. Tick things off as you have done them.
- ◆ Get feedback. Examples of information and feedback you can collect along the way include:
 - comments
 - survey findings
 - canteen sales
 - number of students involved in classroom healthy eating activities
 - number of people attending information sessions
 - 'Mini mapping checklist' information (see p3)
 - 'Quick menu assessment' information (see p4).

This will help save time at the end as you would have already collected some data. If you collected some of this information at the start, you can repeat the process to compare your progress.

very quickly, was the need for a much larger commercial oven, a bain marie and additional volunteer support.

We were thrilled with the response from students, knowing that the marketing was successful and that the healthy food options 'were a hit'. But due to issues around kitchen equipment and volunteers, we unfortunately had to stop the sale of the packs. Our immediate priority then became the purchase of necessary equipment to cope with the increased demand.

In 2006 we are now at a stage where we are ready to re-introduce the packs. It is

reassuring that this hiccup was caused by the increase in student demand for healthier options and have no doubt that students will eagerly 'devour' the new menu!



Raylene, Karen and Gina: Burton School Canteen members

CREATE your healthy canteen menu

Below are a collection of food ideas from schools that participated in the CREATE program in 2005

Sandwiches, baguettes and wraps

Select-your-own:

Wholemeal, multigrain, high fibre white, pita pocket, lavash or tortilla wrap, foccacia or baguettes (full size or half)

Plus your choice of fillings:

Chicken, ham, beef, tuna, egg, cheese (choose one)

And choice of lettuce, coleslaw, avocado, beetroot, capsicum, pineapple, grated carrot

Ready-to-go combos:

Traffic Light

Tomato, cheese and lettuce

Aussie Gold

Vegemite, cheese and lettuce

Curried Egg Crusher

Curried egg and lettuce

Monster Munch

Cheese, lettuce and grated carrot

Hot Chicken Twister

Hot chicken wrap with lettuce and mayo

Mexican Toastie

Baked beans, capsicum, corn and grated cheese

Beany Melt

Baked beans and grated cheese on wholemeal muffin

Salads and combos

Super Salad Bowl

Chicken, ham, beef, tuna or cheese (choose one) plus half a boiled egg, shredded lettuce, tomato wedges, cucumber, carrot sticks, alfalfa sprouts and small dinner roll

Salad Cup

Your choice of coleslaw, Caesar, Greek, Hawaiian Rice Salad or Pasta Salad served in small cup or container

All-in-one recess and lunch pack 1

Vegie stick tub, mini muffin, sandwich, piece of fruit and a small juice

All-in-one recess and lunch pack 2

Vegie stick tub, cheese cubes, baguette, piece of fruit and a small juice

Vego Meal Combo

Falafel, tabouleh, hommous, served with a small pita bread

Soups

Your choice of minestrone or chicken and sweetcorn soup and a roll

Burgers

Aussie burger

Hamburger with tomato and lettuce

Farmyard burger

Chicken burger with lettuce and mayo or coleslaw

Pirate burger

Fish fillet with tartare sauce or mayo and lettuce

Vegie Burger

Served with tomato and lettuce or coleslaw

Other hot stuff

Lasagne

Beef or vegetarian

Macaroni and tuna bake

Vegetable stir fry

Served with noodles or rice

Oriental noodles

Noodles, cabbage, carrot, celery, spring onion

Curried chicken

Served with vegies and rice

Lamb or chicken yiros

Pizza

Made with wholemeal pita or English muffin, topped with tomato paste, ham, mushrooms, capsicum, tomato and pineapple

Hot potatoes

Topped with selection from coleslaw, ham, tomato and baked beans, topped with a sprinkle of grated cheese

Corn on the cob

Snacks and nibbles

Crumpet crunch

Toasted wholemeal crumpet with melted cheese

Pikelets

Served with fruit spread

Pappadums

Cooked in microwave - with hommous or tzatziki dip

Water crackers and cheese

Toasted raisin bread

Savoury muffin

See daily special - pumpkin, cheese and chives or corn and capsicum

Mini fruit muffin

See daily special - banana or apple

Fruit scone

Fresh fruit salad surprise

(chopped fresh fruit in season, eg banana, melon, strawberries, grapes)

Small tub of fruit in natural juice

Fruit yoghurt

Frozen fruit

See daily summer special - banana, grapes, melon or pineapple

Snack-to-go combo 1

Popcorn with mixed dried fruit in a small icecream cone

Snack-to-go combo 2

Cheese cubes, celery, carrot sticks in a bag

Snack-to-go combo 3

Fruit and custard cup

Drinks

Water

Fruit juice (100%) - 110ml

Reduced fat flavoured milk - small

Hot chocolate

Smoothie-of-the-day

Blend of milk, yoghurt, and fruit in season



Healthier food items

A small selection of healthier food items to get you started

It is important to base healthy school menus on healthy eating guidelines, including the 'Dietary Guidelines for Children and Adolescents' and the 'Australian Guide to Healthy Eating'.

Sometimes it may not be possible to solely base your menu on freshly prepared healthy foods for your school food service. The following is a list of healthier food items that are available from various food suppliers. Please note:

- ♦ This is not a complete list of healthier food products – just a small selection to get you started towards a healthier menu.
- ♦ Use the nutrition information panels to compare products, and choose those with lower levels of fat, sugars, and sodium, and higher levels of fibre.
- ♦ Check with your current suppliers to see if they supply the product or have a comparable product.

Bread

All breads are recommended. Eg: *Tip Top Bakeries* – UP Hyfibe and Calcium, Multigrain, Sunblest Wholesome Wholemeal, Tip Top Damper Rolls

Baker's Delight – White breads and rolls, Wholemeal breads and rolls Breads with less than 450 mg sodium, and more than 3g fibre per 100g are encouraged.

Frozen vegetables

All vegetables with no added fat and salt are recommended. Eg: *McCain Foods (Australia) P/L* – McCain Regular Corn Cobettes, McCain Super Sweet Corn Cobettes.



Fruit

All no added sugar types are recommended. Eg: *SPC Ardmona* – Goulburn Valley Fruit Snacks, diced fruit, fruit puree.



Fruit juice

All types with no added sugar are recommended. Keep to small serves. Eg: *BERRI Juice* – Berri Cups, unsweetened 110ml.

Dried fruit

All dried fruit is recommended. Limit serve size. Eg: *Sunbeam Company* – Natural Sultanas.

Milk and Soy milk

All reduced fat milks are recommended. Eg: *Dairy Farmers* – Lite white milk *Sanitarium* – So Good Lite.

Flavoured milk

Choose reduced fat milks. Avoid coffee flavours. Eg: *Dairy Farmers* – Just Natural 99% fat free, Shrek Chocolate, Strawberry and Caramel *Nippy's* – Nippy's Strawberry, Honeycomb and Iced Chocolate

Yoghurt

Choose reduced fat yoghurts. Eg: *Dairy Farmers* – Ski D'Lite Wild Strawberry and Peach 'N' Mango *National Foods* – Yoplait Lite Strawberry and Lite Mango.

Cheese

Choose cheese with less than 25g fat and 750mg sodium per 100g. Eg: *Bega Cheese Company* – Bega So Light 50% Shredded, Bega So Light 50% Block, Bega So Light 50% Slice *Devondale* – Light 'N' Tasty (block and shredded cheese).



Meat, fish, poultry products

Choose products with less than 10g fat and 450mg sodium per 100g. Eg: *Colonial Farm* – Flamegrilled Beef Burger.

Hot pasta, rice, noodle dishes

Choose products with less than 10g fat and 450mg sodium per 100g. Eg: *Chickadee Foods* – Blasta Pasta Spaghetti and Traditional Lasagne *Cottage Foods* – Cheese Ravioli (ricotta), Chicken Curry Rice, MacBake *Galipo Food Co* – Fast Wok Vegetables & Noodles *The Pasta Factory* – Spaghetti Bolognese, Ravioli Bolognese, Authentic Lasagne

Fruit ice blocks and ice confection

Choose those with at least 50% fruit juice and no added sugar. Eg: *BERRI Juice* – Quelch fruit sticks, Quelch fruit smoothies



CELEBRATE your healthy eating activities

CELEBRATE

It is important to reflect on what you have done, share what you have done with others and 'celebrate' achievements along the way.

Reflect

Reflecting on what you have done is an important and often missed step. Think about:

- ♦ *What did you achieve?*
- ♦ *What worked well?*
- ♦ *What helped you achieve it?*
- ♦ *What didn't work so well?*
- ♦ *What can you learn from that?*

Share

Share your achievements and what you have learnt from your experiences with your school community and others.

Celebrate

Celebrating is an important part of reflecting and planning for the future. It will acknowledge the support and commitment of key people and help to keep the momentum going. Ways to share and celebrate:

- ♦ place an article in the school newsletter or local newspaper
- ♦ give a presentation to parents
- ♦ get students to create a visual display of activities
- ♦ send thankyou cards to everyone involved
- ♦ have a launch, eg of your new look canteen menu or healthy eating policy
- ♦ have a party ... make it a healthy one, promote healthy food, enjoy fun active games.

ELABORATE

And as the cycle is ongoing... ELABORATE on what you have achieved.

Revise

Think about what you did, 'what worked well', 'what you learnt', and revise your plans if necessary.

Build on what you have achieved

Think about:

- ♦ *What are your next steps / future directions?*
- ♦ *Who needs to be involved in setting them?*

You might even have to develop a new action plan...

2005 CREATE schools reflect

The following information was collected from 2005 CREATE schools. Here they share their trials and successes about introducing changes to food supply throughout the school.

What schools achieved

Whole school approach

- Creating a school vision of health and wellbeing
- Formed student committee
- More staff and parents reading labels
- Food preparation skills for Year 7s benefited students
- Parents making positive comments about increased consumption of fruit and vegetables
- Whole school involved in healthy eating activity

Food service

eg canteens, fruit and veg promotion, lunch boxes, OSHC

- Support for healthier menu items
- More fruit and vegetables, and more wholegrain bread
- Trialled hyfibre bread, introduced rice crackers and pretzels
- Fruit smoothies, juice, salads are among first choices of children
- Serving favourite soups in cold weather
- Large reduction in 'sometimes' foods
- Removed chips and twisties
- Healthier menu items being chosen in place of more traditional unrecommended foods
- Increased sales of fresh foods
- Welcoming atmosphere of canteen helped create interest in new menu
- Healthier lunch boxes
- Increased number of children bringing and eating fruit and drinking water



Healthy eating policy

Schools reported that having a healthy eating policy:

- Helped to improve the menu
- Gained positive responses from families
- Resulted in a healthier canteen, which assisted with changes in student behaviour

Curriculum

- New foods introduced through classroom activities.
- Unit of work looking at food advertising
- Staff training around not using food as rewards
- Analysis of nutrition information on packages
- Unit on label reading skills

External agencies/ businesses

- Liaison with local deli owner
- Local bakery providing healthier muffins and scones
- Using local food outlet for sports day (healthy subs)

What worked well

Whole school approach

- Whole school community has been informed about guidelines and healthy food choices
- Staff workshop
- Year 6/7 'voice' on committee
- Introduced healthy snack time
- Taste tests
- Children involved in preparation and eating of food
- Lots of kids tried new things and helped to prepare a wider variety of foods
- Children becoming more adventurous about food
- Sending information to all families

Food Service

- Involvement of children and parents in saying what they thought of canteen menu
- Being prepared to try different things, getting feedback from students and staff. Using word of mouth to encourage others to try healthy options.
- Gradual change to food choices, involvement of SRC, broad representation on the committee
- Substituting unhealthy foods for healthy foods - children had to have the healthier option
- Remove the most unhealthy foods first
- Baked potato with bolognaise sauce and assorted rolls with salad sold well. Canteen sales have increased.
- Using fruit in season reduced cost of displaying 'new' foods
- Education of children about healthy eating has resulted in changes to lunch box habits
- Fruit break for R-7 classes
- Having access to healthy food information through the **CREATE** workshops
- Positive attitude of staff
- Everything! 95% of children eat fruit at least 3 times a week
- Everything is flowing on through whole school and school community

Healthy eating policy

Schools reported that having a healthy eating policy resulted in:

- A review and updating of existing policy
- Adopting 'Big Lunch' (at recess time) and 'Little Lunch' (at lunch time) as school policy. This resulted in better concentration levels, especially for children that haven't had breakfast
- Everything working well - keep going and promoting policy

Curriculum

- Interaction between students, cooking in the classroom
- Looking at advertising 'tricks' used by food companies
- Positive food choices made by students
- Our motivation because of the workshops and the committee

External agencies/businesses

- Using outside food supplier meant we didn't need a lot of volunteers on the day

What others can learn

Whole school approach

- Giving students opportunity to be involved
- Role modelling, set a good example
- Chance to link healthy food with a healthy activity
- Change is good

Food service

- When given healthy choices, children will eat them if gradually introduced
- If clear policy is articulated and healthy canteen policy is implemented and promoted, students will generally choose range of healthier options
- Novelty ideas for promoting healthy eating work well
- Don't bite off more than you can chew. Do something that is achievable
- Healthy food choices are highly achievable
- It takes a whole school approach
- Communication with school community is important
- It takes a long time to consult with school community about a possible change
- Long term process - be patient.
- You can't change things quickly
- Go slow - you will get there eventually
- Keep working to get the message out, be patient and take chances
- There are ways around a problem. You mustn't give up; just keep on thinking on 'how' to change attitudes
- Committee members need to be keen, motivated and prepared to put in extra time
- Canteen and OSHC should work together



Healthy eating policy

Having a healthy eating policy meant:

- We are not experts, but we are just doing it. The benefits are unbelievable.

Curriculum

- Lessons need to take a stronger focus about foods and benefits of healthy eating
- Organisation important
- Introduce new foods when children are hungry ie not just after lunch
- \$20 food budget per class is not enough
- Small steps can be taken to increase awareness of healthy eating
- No need to 'change the world'



External agencies/businesses

- Fun run is a good fundraiser, and opportunity to promote healthy foods
- 85% of the school placed orders from the local 'sub' store which tells us that healthy eating ideas are in the children's minds



A whole school approach to promoting healthy food

Heather Curtis, Principal, Kirton Point Primary School

We know that there is a strong link between good nutrition and learning. Children whose basic needs are met, connect more readily with learning experiences and opportunities presented within a schooling environment.

Physical Education and Health: *Healthy Lifestyle* was identified in early 2004 as a priority for development within our school community. A school community survey demonstrated high need for a Breakfast Program. A committee of parents, students, staff and community representatives was established, with a local council *Community Links* person and a nutritionist from *Community Health* as active participants in the planning stage. To implement the program, a *Community SA* grant was accessed and in consultation with the school community our Healthy Breakfast Program was launched in term 4, 2004.

The outstanding success of this program encouraged us to examine current practices and introduce new initiatives such as:

- ♦ The health curriculum became the vehicle through which students explored balanced diets and identified foods with both high and low nutritional value.
- ♦ Development of skills in reading and interpreting labels of packaged, processed foods were a priority, with particular attention on salt, fat and sugar content.
- ♦ Regular cooking sessions, with staff and/or parents as facilitators, have become a commonplace programmed learning activity with emphasis on preparation, presentation and consumption of healthy snacks and meals.

- ♦ Links with community organizations resulted in children participating in cooking sessions at TAFE and visiting the local fruit markets to investigate the range of fruit and vegetables available.
- ♦ With the assistance of a *Small Communities' Health Grant* extensions were made to the existing kitchen area, enabling greater participation in food preparation programs.
- ♦ A daily fruit time was introduced into every classroom.
- ♦ Water fountains were installed at strategic locations around the school.
- ♦ Students have ready access, during all learning activities, to drinking water.
- ♦ Drinks with high sugar or sugar substitutes have been discouraged.
- ♦ Parents and children are encouraged to pack only fresh items into lunch boxes.
- ♦ The canteen menu was changed to include only food that was deemed to be nutritionally rich.
- ♦ Food consumed during special activities such as camps, excursions, sports days and class parties are to be high in nutrition
- ♦ A special item on health and nutrition is published in each edition of our newsletter.
- ♦ A dietitian ran workshops for parents, highlighting the complexities faced by families and schools in working towards achievement of a healthier lifestyle for children and the community.
- ♦ An *Active Schools* program, ensuring that our children were engaged in increasing amounts of physical activity during the school day and in their leisure time, was implemented to complement the above.



Children love 'hands on' cooking activities.

School leadership and Governing Council's efforts resulted in a nutrition policy being released at the commencement of 2005. Staff, students, parents, canteen management and volunteers support the policy, which provides information that guides the school community towards achievement of a healthy, balanced diet. Implementation strategies are closely monitored and a formal review of the policy is scheduled for the end of each year.

Success of the implementation of our Healthy Lifestyle and Nutrition Policy has been supported by the involvement of staff, canteen personnel and volunteers in **CREATE** workshops. A local dietitian has provided on-the-ground information and resources.

We are extremely proud of the school's healthy canteen where children prepare, serve and purchase good quality, tasty, nutritious foods. Offering children healthy food, has resulted in an improvement in the wellbeing and social/emotional success of children - learning capacity is extended.

The healthy food policy is an essential aspect of our induction for new staff, students and parents. It is an integral feature of our school culture.





An Australian Government, State and Territory health initiative.

Help Kids get their Fruit and Veg!

You may have seen the TV ads encouraging Australians to 'Go for 2 fruit and 5 veg'. Help spread this message at your school!

Ways to encourage children to prepare, taste and enjoy a variety of fruit and veg are:

- use recipes that contain fruit and veg in classroom cooking activities
- have a short scheduled mid-morning fruit and veg break
- add healthy fruit and veg ideas to your canteen or OSHC menu.

For a quick, tasty and healthy winter lunch, get creative with 'Toasties'. Rotate a variety of fillings on your menu. Try half serves for a recess snack.

Savoury Toastie



⌚ 5 minutes preparation + 2-3 minutes cooking

🍴 2

- 3 small mushrooms, finely chopped
- 1/2 cup baked beans (or 130g can)
- 6 leaves English spinach or rocket, washed and chopped
- 4 slices multi-grain bread
- Olive or canola oil spray

Microwave mushrooms on HIGH (100%) for 45 seconds and strain excess moisture. In a small bowl combine mushrooms, baked beans and spinach. Lightly spray sandwich maker with oil. Place two slices of bread on the base of the sandwich maker then divide the filling over the two slices. Top with two slices of bread and toast until heated through and golden brown. Serves 2.

Variation

Replace spinach and mushrooms with other vegetables, eg: Chinese cabbage, chopped capsicum.

⌚ 10 minutes preparation + 20 minutes cooking

🍴 4

- 2 eggs
- 2 teaspoons margarine, melted
- 2 1/2 cups low-fat milk
- 2 cups self-raising flour
- 2 tablespoons sugar
- 3 medium apples, peeled, cored and grated
- 1 teaspoon vegetable oil
- 2 ripe bananas, sliced
- 1 tablespoon honey

Apple and Banana Hot Cakes



In a large bowl beat eggs, margarine and milk. In a separate bowl mix flour and sugar and gradually stir into a wet mixture until smooth. Fold in apple. Heat oil in a non-stick pan over medium heat. Add 2-3 tablespoons of mixture, flip when bubbles appear in centre of the hotcake and cook until golden brown. Serve with banana and drizzled honey. Makes 10.

Variation

Add 1/4 cup of sultanas to dry mixture.

Check out the 'Go for 2&5' resources enclosed.

For more 'Go for 2&5' recipe ideas and resources, visit the:

- 'Go for 2&5' website
<http://www.gofor2and5.com.au/>
- Fruit 'n' Veg Week website (WA)
<http://www.fruitnvegweek.health.wa.gov.au/>
- Department of Health (SA) website
<http://www.dh.sa.gov.au/pehs/health-promotion.htm>

Go for 2&5® is an Australian Government, State and Territory initiative, run in South Australia by the Department of Health.



Government of South Australia
Department of Health

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*Promoting children's
health in the community*

www.wch.sa.gov.au/chp.html

Virtually Healthy

This newsletter is published each school term and:

- ♦ supports learning, health and wellbeing in school communities
- ♦ advocates the health promoting schools approach
- ♦ shares effective practice
- ♦ is prepared in collaboration with key agencies.

Free copies are sent to all South Australian schools, OSHC services, community health and school dental services. Also available on the Centre for Health Promotion website.

Your feedback and input is welcome!
Contact Virtually Healthy Coordinator,
Diana Skott.
diana.skott@cywhs.sa.gov.au

Join the SA Health Promoting Schools Network

A free network for those interested in
Health Promoting Schools. Go to
www.sahps.net

Health Information Centre

Drop in or contact us for quality health
information on a range of topics.
Kermode Street entrance, WCH.
cywhs.healthinformation@cywhs.sa.gov.au
Ph: 8161 6875
www.wch.sa.gov.au

SA School Canteen Expo

July 21, 2006
Morphettville Function Centre.

Look out for the 'Go for 2 fruit and 5
veg' stall for ideas and activities.
For further information contact Rosie
at SA School Canteen Network on
8223 2266.

Resources

Healthy eating guidelines

Dietary Guidelines for Children and Adolescents in Australia

These provide healthy eating
recommendations for children and
adolescents. Resources include:

- ♦ 'Food for Health: Dietary
Guidelines for Children and
Adolescents in Australia'
(DL brochure)
- ♦ 'Food for Health' (A3 poster)

All resources are available free of
charge.

To order copies contact 1800 020 103
(extension 8654) or email:

phd.publications@health.gov.au

View on the website:

[www.nhmrc.gov.au/publications/
synopses/dietsyn.htm](http://www.nhmrc.gov.au/publications/synopses/dietsyn.htm)

Australian Guide to Healthy Eating

A package of resources about eating
for good health, including
information for various age groups.

Resources include:

- ♦ 'Summary information'
(DL brochure)
- ♦ Background information for
nutrition educators (A4 booklet)
- ♦ 'Background information for
consumers' (A5 booklet)
- ♦ Australian Guide to Healthy
Eating (A4 and A1 posters)

All resources are available free of
charge. To order copies

Ph: 1800 020 103 (extension 8654)

email: phd.publications@health.gov.au
View on the website:
[www.health.gov.au/internet/
wcms/publishing.nsf/Content/
health-pubhlth-publicat-phys.htm](http://www.health.gov.au/internet/wcms/publishing.nsf/Content/health-pubhlth-publicat-phys.htm)

The Aboriginal and Torres Strait Islander Guide to Healthy Eating

A package of 'Guide to Healthy
Eating' resources that have been
adapted for Aboriginal and Torres
Strait Islander communities.

Resources include:

- ♦ Community education leaflet
(A4)
- ♦ Educator's Resource (A4 booklet)
- ♦ Poster (A2)

To order copies phone Department
of Health Ph: 8226 6329.

DECS 'eat well sa schools and preschools Healthy eating guidelines'

These guidelines provide a
framework through which schools
and preschools can promote
learning, health and wellbeing in
relation to food and nutrition.

View on the website:

[www.decs.sa.gov.au/schlp/parents/
default.asp?id=12283&navgrp=200](http://www.decs.sa.gov.au/schlp/parents/default.asp?id=12283&navgrp=200)

Includes the 'eat well sa schools and
preschool implementation tool'.

CREATE healthy eating information

Centre for Health Promotion website

www.wch.sa.gov.au/chp.html

> Enjoy healthy eating

Includes information on healthy
eating for:

Schools

- ♦ Healthy school canteens
- ♦ Healthy fundraising
- ♦ Healthy body image
- ♦ Improving food supply for
remote schools

Out of Hours Schools Care Nutrition in Out of School Hours Care (NOSH) fact sheets

- ♦ Health Promotion in OSHC
- ♦ Healthy body image
- ♦ Cultural diversity and food
- ♦ Breakfast at OSHC
- ♦ Developing and implementing a
food and nutrition policy
- ♦ Information to include in a food
and nutrition policy for OSHC
- ♦ Vacation Care food ideas for
parents

For Parents

CREATE healthy eating in schools parent fact sheets

- ♦ **CREATE** healthy kids
- ♦ **CREATE** healthy lunchboxes
- ♦ **CREATE** healthy body image
- ♦ **CREATE** healthy parties

